

IDS 2935 Happiness

Course Syllabus

Course Information

Course Motto: “Life is not determined by what you want. Life is determined by the choices you make.” Mr. Seaver, Junior High School Teacher. Full reference [HERE](#).

Course Instructor: Dr. Debbie Treise

Office Hours: Live via Zoom, by appointment, or by email within 24-48 hours. Please see my contact information below. I will be grading your assignments and providing support and answers to your questions.

I will hold regular weekly office hours live via Zoom, twice per week (Monday and Tuesday) from 6-7:00 pm. I am also available via Zoom, by appointment, if you need individual student support when requested, or I'm also available via the Canvas Inbox or UF email (with a 24-hour or less response time).

Please note, you will be required to attend one office hour session in the few weeks of the semester (any office hour between Aug 25-Sept 2). This is so I can get to know you and answer any questions that you have about the course.

Course Communications: Email Dr. T via the Canvas Inbox or at dtreise@jou.ufl.edu. Expect a response within 24 hours. I will be posting announcements and leaving you feedback in Canvas. It is expected that you will be checking announcements regularly and reading the feedback.

Credit Hours: 3

Description: Happiness is a terminal goal in many, if not most, people's lives. The pursuit of happiness is now a pressing question because while many Americans lead lives that are richer, healthier, and freer than at any time in history, evidence suggests they are less happy now than ever before (see [here](#) [Links to an external site.](#) for research detecting this trend well before the current pandemic). Why are Americans less happy, and what can they (and you) do to live a happier, more fulfilling life? Social scientists from many disciplines have examined the behaviors and habits that do and do not predict long-term happiness. This course uses a multidisciplinary social science perspective to share these practices and encourages you to adopt one to enhance your well-being.

This course uses a two-pronged approach to understanding and improving happiness:

1. Understand what makes us happy and why.
2. Apply what you know about happiness to make your life richer and more satisfying).

Requirements, Materials, and Methods

- Materials

You will have two **required textbooks**:

1. Lyubormirsky, S. (2007). The How of Happiness: A Scientific Approach to Getting the Life You Want. New York: Penguin Press
2. Clear, J. (2018). Atomic Habits: An easy & proven way to build good habits and break bad ones. New York: Avery.

All other resources will be provided in Canvas.

- Feedback

I hope that you will provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at gatorevals.aa.ufl.edu/students (Links to an external site.). You will be notified when the evaluation period opens, and you can complete evaluations through the email receive from GatorEvals, in the Canvas course menu under GatorEvals, or via ufl.bluer.com/ufl. Summaries of course evaluation results are available to students at gatorevals.aa.ufl.edu/public-results.”

Furthermore, please complete an end-of course survey, which will be included in the final module.

- Technology

You are expected to have access to a computer or laptop and the internet and be able to use them.

The class materials are in Canvas. All work should be submitted there. Check your Canvas email **daily** for updates on the course and important announcements. Videos and other content can be found on the Web and on LinkedIn Learning. Links to this content are provided to you in your Canvas shell.

- Methods

The objectives of the course are achieved through lectures, videos, readings, original individual activities (idea posts and a research project), quizzes, and an exam.

Grades

For information on current UF grading policies visit Grades and Grading Policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>). Links to an external site.

Your grade in this class is calculated by summing the points from several activities listed below. There are 300 possible points for the required assignments. The points needed for each grade are as follows:

A = 270 or higher

B+ = 255 - 269

B = 240 - 254

C+ = 225 - 239

C = 210 - 224

D = 180-209

E (Failure in the course) = 208 or below

Module quizzes (125 points). Most weeks include a quiz covering all module activities. There are 13 quizzes. The course introductory quiz is worth 5 points. All other quizzes are worth 10 points each. Quizzes open on Wednesday mornings at 12 am and close that same day at 11:59 pm. They only take about 5 minutes and consist of 5 questions. They are multiple-choice. Please keep in mind that, once you start the quiz, you will only have 8 minutes to take it. You can't stop and return to it later. It cannot be re-opened for you. So be prepared to answer all 5 multiple-choice questions before exiting the quiz.

You may not take a missed quiz without advance notification and approval, with exceptions outlined in UF policy. All quizzes are in Canvas. You may use paper notes during the quiz, but no electronic devices, tablets, or digital aids of any kind.

Idea posts (100 points). Each post is worth 16.6 pts. There are a total of 6 posts. The idea posts are where you offer insights about your happiness based on what you are learning. You will also describe your experience developing a new good habit in some of your posts. You will keep a two-week journal about your habit development prior to turning in the journal and writing about that experience in some of your posts. The instructions for each post will further explain these expectations and how to complete the work.

Research Project (50 points). You will conduct original research by doing Interviews and reporting on happiness as reflected among a diverse group of people. You will be expected to thoroughly interview three diverse people about happiness and report their answers in a research paper. The assignment details will explain how to do this.

Other: Intro video and Extra Credit Posts (25 points). In the beginning of the semester, you'll provide an intro video to share a bit about yourself (8 points). You will also have two extra credit post opportunities where you'll work on breaking a bad habit. These are optional, but can provide you with a nice boost later in the semester, if you need it (8.5 points each).

Course Schedule

Orientation: Course Overview

Module 1: What Is Happiness?

Module 2: How Happy Are You?

Module 3: The Mind: Anxiety, Depression, Gratitude

Module 4: Resources for Happiness, Part 1: Others

Module 5: Resources for Happiness, Part 2: Love

Module 6: Resources for Happiness, Part 3: Wealth

Module 7: Resources for Happiness, Part 4: Fitness

Module 8: Resources for Happiness, Part 5: Purpose

Module 9: Resources for Happiness, Part 5: Purpose continued

Module 10: The Role of Time in Happiness

Module 11: The Role of the Self in Happiness

Module 12: Making Repairs: Apologizing and Forgiving

Module 13: Idea Post 8 and Final Exam

Policies

Course Policies

Attendance Policy

The class modules are expected to be completed weekly. Every module week begins on Thursday and ends on Wednesday of the following week (except for your orientation week). Please pay attention to module dates and assignment and quiz deadlines to make sure you stay on track. Please be aware they are different from your high school schedules.

You should begin working on each module and complete the assigned readings, lectures, and videos before taking the Wednesday quizzes. You are unlikely to do well, and will definitely not benefit and grow if you do not reserve a specific time each week to complete work in the class.

Aside from the circumstances mentioned in the Make-up Policy section, **contact me IN ADVANCE to request time extensions on assignments. Any assignment that is submitted late will automatically receive a 3-point deduction.** Exceptions to this/excused extensions may be made for circumstances that are beyond your control IF you can provide documentation for the problem. If you contact me after a due date has passed without a valid excuse, the work will receive the aforementioned late penalty. UF's attendance policies can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx> Links to an external site.

Quiz/Exam Policies

Required: Most modules have a quiz that is available early Wednesday morning and closes at 11 pm that same day.

You may access written notes during a quiz, but not online materials. You should work on all quizzes without assistance from other students, study aids, websites, content sites such as Quizlet, etc. In other words, the quiz answers are yours and reflect what you've learned from the material. To do otherwise is a violation of the UF Honor Code.

Make-Up Policy

As mentioned, **any assignment that is submitted late will automatically receive a 3-point deduction, other than in the case of approved excuses.** Approved excuses are generally ones that can be documented and are not under the student's control. For example, if you are ill, notify me in advance of the assignment due date and see a doctor who can provide a note.

Assignment Policy

Deadlines for assignments are listed in Canvas. Students should submit work on the dates indicated except where university policy provides an exemption.

Class Community

All members of the class are expected to follow rules of common courtesy in all email messages and Zoom meetings. Students should feel free to express their opinions but do so in a way that respects the rights of others who disagree.

Behaviors that detract from an environment that promotes learning will be penalized. Help yourself to learn and help others to learn as well. Make your philosophy one of maturity, as defined by author Stephen Covey:

“Maturity is the balance between courage and consideration. If a person can express his feelings and convictions with courage balanced with consideration for the feelings and convictions of another person, he is mature, particularly if the issue is very important to both parties.”

UF Policies

Accommodating Students With Disabilities

University Policy on Accommodating Students with Disabilities: “Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, disability.ufl.edu/students/accommodations) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to me when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.”

Academic Conduct

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (dso.ufl.edu/sccr/process/student-conduct-honor-code) specifies a number of behaviors that are in violation of this code and possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Plagiarism

The [Student Honor Code and Student Conduct Code \(Links to an external site.\)](#) states that:

"A Student must not represent as the Student's own work all or any portion of the work of another. Plagiarism includes but is not limited to:

- Stealing, misquoting, insufficiently paraphrasing, or patch-writing.
- Self-plagiarism, which is the reuse of the Student's own submitted work, or the simultaneous submission of the Student's own work, without the full and clear acknowledgment and permission of the Faculty to whom it is submitted.
- Submitting materials from any source without proper attribution.
- Submitting a document, assignment, or material that, in whole or in part, is identical or substantially identical to a document or assignment the Student did not author."

Netiquette Communication Courtesy

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions, Zoom meetings, and chats. For more information, refer to the Netiquette Guide for Online Courses (<http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf>)

Privacy and Accessibility Policies

For information about the privacy policies of the tools used in this course, see the links below:

Instructure (Canvas)

- [Privacy Policy](#)
- [Accessibility](#)

Zoom

- [Privacy Policy](#)
- [Accessibility](#)

YouTube (Google)

- [Privacy Policy](#)
- [Accessibility](#)

Microsoft

- [Privacy Policy](#)
- [Accessibility](#)

Adobe

- [Privacy Policy](#)
- [Accessibility](#)

Getting Help

- Technical Help

For issues with technical difficulties with Canvas or any other course technologies, please contact the UF Help Desk at: helpdesk.ufl.edu (352) 392-HELP (4357).

A request for make-ups due to technical issues MUST be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem.

Student Support

Health and Wellness

- **U Matter, We Care:** If you or someone you know is in distress, please email umatter@ufl.edu, call 352-392-1575, or visit [U Matter We Care](#) to refer or report a concern, and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [UF Counseling & Wellness Center](#) website or call 352-392-1575 for information on crisis services and non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [UF Student Health Care Center](#) website.
- **University Police Department:** Visit the [UF Police Department](#) website or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room/Trauma Center:** For immediate medical care in Gainesville, call 352-733-0111, or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Shands Emergency Room/Trauma Center](#) website.

Disclaimer

- This syllabus represents the instructor's current plans and objectives. As we go through the semester, those plans may need to change to enhance the class

learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.

Sample

Snippets